

Whole Wheat Pancakes:

1 1/4 cup whole wheat flour

3 tsp. baking powder

1/2 tsp. salt

1/2 T. cinnamon

2 T. applesauce

1 cup plant milk (soy or almond is fine)

1 T. honey or agave

Replacement for 1 egg (1 T. ground flax seed & 3 T. water)...let this set a minute or two before adding it to the mixture.

Mix ingredients. Cook in a skillet. Use a little Pam if needed to prevent sticking.